

# Survival List

1. Thermometers ---Oral & rectal
2. Something for fever
3. Alcohol & Sulfur
4. Adhesive Tape
5. Band Aids & Guaze
6. Baking Soda
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8. Spirit of Peppermint
9. Coleman Stove and fuel
10. Stearno & Candles
11. Habachi stove
12. Indoor Charcoal (coal)
13. Matches & Lighters
14. Cotton Blankets
15. Flashlights and batteries
16. Sheets (for bandages)
17. Newspaper & Cardboard
18. Axe and Shovel
19. Cotton (pulverized charcoal between cotton allow breathing when smoke or gas is thick)
20. Radio with batteries
21. Hot Water Bottle
22. First Aid Book
23. Lysol
24. Keronsene Lamp & Oil

25. Plywood (for making splints and tourniquets)
26. 2 Large Metal garbage cans (for waste)
27. Lime (for waste disposal)
28. Syrup (good for burns)
29. White flour
30. Teas
  - a. Comfrey root is good to cleans lungs
  - b. Golden Seal cleans blood and boosts other teas
  - c. Peppermint is good for headaches
  - d. Blackhorse is good for colds and coughs
  - e. Foenugreek is good for fever.
31. Iodine (purifies water; 1 drop per gallon)
32. Papaya Leaf (draws out soreness)
33. Canned Goods, Dry food, Soap, Scissors, Ammonia, Water, Fire Extinguisher, Safety pins, Eye dropper, Tub.

## Advice on Survival

Get a one year supply of food

Get out of debt.

Pay cash

Plant a garden and fruit trees

Keep a supply of wood on hand

Get a wood burning stove

Store plenty of water in glass bottles

Learn food storage, Talk and plan cooperation with family, Be ready to cooperate with local officials.



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